

## **WHAT IS DIRTY SOCK SYNDROME AND WHAT CAUSES IT?**

It's the phenomenon where your house or building smells like an old pair of socks. It's caused by a buildup of bacteria and mold growing in your HVAC system. More specifically, it's inside your evaporator coil.

Why the evaporator coil? Well it's the perfect place for it to grow. Bacteria and mold love cool, dark environments and need organic material and moisture to grow. Your evaporator coil creates moisture every time your AC kicks on. As for organic material, there's plenty of it circulating in the air. Generally, your air filter does a good job keeping it in check. But if a filter goes too long without being changed, dirt and debris can build up and circulate through the rest of the system.

As the excess dirt and debris in the air mixes with the moisture from your evaporator coil, bacteria and mold can begin to grow inside your HVAC system. Before you know it you have a musty, smelly house.

The combination of temperature changes within your system also cause excess moisture to accumulate on the coils of the unit, which encourages bacterial growth and mold as well.

## **IS DIRTY SOCK SYNDROME DANGEROUS?**

For most people it is an annoyance but doesn't present any danger. But it can cause discomfort and harm to some. Prolonged exposure can cause eye irritation, a scratchy nose or throat, headaches, general fatigue, and respiratory illnesses.

## **HOW TO SOLVE DIRTY SOCK SYNDROME**

It can usually be addressed and fixed rather easily. A good cleaning of the coils using SIMIX Multi-Surface Peroxide Cleaner & Degreaser will usually take care of the problem. SIMIX Multi-Surface Ceramic Clearcoat will prevent it from reoccurring and will also improve the air quality by transforming your HVAC system into an AIR PURIFIER that never stops working.